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Bangalore Mirror

TEMP Max 24 | Min 19 | Humidity 74% Scattered Showers Sensex 65,387 | Nifty 19,435 | Gold 59,410 | Silver 74,514 | Dollar 82.72 | Euro 89.32 | GBP 104.12

CYBER CLUBBING

CBSE schools asked to set up clubs to spread awareness about dangers lurking online

PAGE 2

FAIR FEATHER

Despite all atrocities on city's waterbodies, birder spots 48 species at Dorekere

PAGE 6

BBMP seems to have forgotten all about them, but how can we the citizens, who have to take the roads daily, forget that there is not any stretch without multiple dangerous potholes everywhere?

CRATER GLORY

Time to start identifying and filling up holes in our roads

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

If the number of potholes on the city roads is any indication, it seems the Bruhat Bengaluru Mahanagara Palike (BBMP) has become quite complacent about the citizens' patience. Or maybe it is because we haven't heard of any pothole-related fatalities or injuries of late.

But a drive or ride through any of the city's major roads is enough to understand the inconvenience they are causing to motorists, especially two-wheeler riders and posing danger to unwary motorists.

For example, we took a ride through a stretch between the railway gate at Kaggadasapura and the Traffic Junction at Vignan Nagar Bus Stop and are horrified to report that we counted more than 100 potholes. And you haven't heard the worst part yet -- this stretch was asphalted barely 12 months ago.

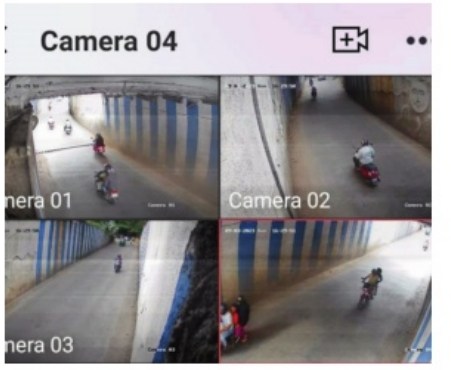
"Thousands of motorists use this road either to go towards Kaggadasapura, Akash Nagar and DRDO Complex or to proceed towards Vignana Nagar, Basavanagar, Ramesh Nagar and other areas. With the increase in the number of potholes on this road, motorists are finding it tough to commute on this road," said

CONTINUED ON PAGE 8 »

"We expect to get cold mix material in a day or two. We will commence filling potholes as soon as we receive the material — Manjunath, BBMP Major Roads assistant executive engineer

CCTV binge: Live underpass action

BBMP plans pilot project to monitor underpasses, communicate with traffic cops to avert rain disaster



| Melvin Mathew
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TWEETS @BangaloreMIRROR

After the KR Circle disaster during rain earlier this year, the BBMP had promised a slew of recursive measures. But now, the Palike is planning to use technology to monitor all underpasses and flyovers through CCTVs. They will monitor the live feed on phones and communicate with traffic cops in possible cases of disaster. Citizens and experts wonder if existing infrastructure can be used for this purpose.

Palike is going ahead with a pilot that is being tested out in KR Circle and based on its success, the project will be rolled out in other underpasses and flyovers.

Among all the measures mentioned by the Palike, the drainage, grating and CCTV work has been completed. The success of CCTVs has prompted the BBMP to use it to survey underpasses.

The Palike has tied up with a private player Hik-Connect for the project. The Hik-Connect app provides a live feed of the CCTVs to smartphones of BBMP officials. This allows them to monitor the situation and take speedy action without having to be situated in a command centre.

A senior BBMP official told BM, "We have completed all the measures previously planned for KR Circle. Grating work and drainage on both sides are completed.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Print art

'Master Printmaker' - Devraj Dakoji, an in-house curated retrospective exhibition will showcase over 400 artworks of the internationally known artist and printmaker Devraj Dakoji. The works displayed include drawings, paintings, and prints, created over five decades of Devraj Dakoji's artistic journey.
Where: NGMA Bengaluru; When: September 8-10, Timings: 11 am - 6 pm (Tuesday -Friday) 11 am - 7:30pm (Saturday-Sunday)

02 Talking business

Are you up for some interesting sessions on business literature? Engage in insightful sessions that dive deep into the nuances of business literature or hear from an exceptional lineup of speakers, authors, and industry forerunners. Or just network with peers at the Bangalore Business Literature Festival. **Where: WeWork Galaxy, Residency Road; When: 10 am to 6 pm**

03 Souk time

'The Souq Market' festival of Artefacts and Crafts festival will give you an opportunity to find the finest arts and crafts from around the country. With over 100+ shopping stalls and 75 skilled craftsmen, this exhibition promises to be a one-of-a-kind experience for all visitors. Explore the vibrant and diverse culture of the region through the unique products on display. From traditional handicrafts to contemporary art, there is something for everyone at The Souq.
Where: Karnataka Chitrakala Parishath; When: Up to September 10; 11 am to 7 pm

Welcome, Ganesha

Ramyashree, a Bachelor in Visual Arts from Chitrakala Parishad, has joined hands with her father to help him in his ancestral business of creating idols, sculptures, and clay products. She has been creating handmade idols this Ganesha Festival

Students, are you ready to go cyber clubbing?

CBSE asks schools to start cyber clubs to spread the word about online frauds

Sridhar Vivan
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Science or cultural clubs are quite common in schools. However, now CBSE schools have been asked to start 'cyber clubs' to educate children on how to tackle the online onslaught.

Central Board of Secondary Education's Director (Academics) Dr. Joseph Emmanuel said, "With the rapid and widespread adoption of digital technologies and online services, ensuring the security of our cyberspaces has become an indispensable component of personal safety. The escalating cases of data breaches and cyber-attacks highlight the urgent need for cybersafety and cyber-defence skills. Hence, education plays a pivotal role in increasing awareness and combating cyber threats. It is essential that students in schools are well-informed about cyber hygiene and potential cyber threats, as the younger generation becomes increasingly vulnerable to cybercrime."

He said that the Centre has established the Indian Cyber Crime Coordination Centre (I4C) under the Ministry of Home Affairs. This centre aims to provide a comprehensive and coordinated framework to combat cybercrimes. In line with these efforts, the concept of forming cyber clubs in schools has been suggested during I4C meetings. By establishing cyber clubs, educators can provide students with a platform to explore, learn, and excel in the field of cybersecurity and emerging technologies, equipping them with essential skills for their future success. Therefore, school heads have been asked to form cyber clubs in their schools and adopt a more focused approach towards promoting cyber hygiene. One teacher, preferably with knowledge of cyber security is to be nominated as the Cyber Nodal Officer.

The escalating cases of cyber attacks highlight the need for cybersafety, especially for children

Activities at cyber clubs

The cyber clubs offer a wide array of engaging activities aimed at enhancing students' knowledge and awareness of cybersecurity. These initiatives are designed to foster a sense of cyber-responsibility and prepare them for potential careers in this field. "One of the key activities involves inviting industry experts and speakers to deliver lectures and hands-on demonstrations, shedding light on the critical aspects of cybersecurity. These sessions not only educate students but also inspire them to consider cybersecurity as a viable career path. Furthermore, the cyber clubs provide students with practical training through computer labs equipped with open-source tools. This hands-on experience allows students to develop valuable skills that are essential in the cybersecurity domain. To keep the cyber-enthusiasm alive, dedicated spaces are created within the school to showcase news articles and photographs related to cybersecurity. This visual reinforcement helps students stay informed about the latest developments and challenges in the cybersecurity landscape."

He said the clubs will also enable students' creative talents through plays addressing topics such as cyber frauds and cyber awareness.

These theatrical productions serve as effective mediums to convey essential messages about online safety. "To put their knowledge to the test, students are encouraged to participate in cyber quizzes, competitions, and hackathons. These events not only provide a platform for friendly competition but also help in identifying and rewarding exceptional talent with scholar badges. Additionally, the clubs aim to spread awareness through regional language newsletters, which are designed to be informative, engaging, and visually appealing. These newsletters often feature infographics and interactive content to encourage students to contribute their own ideas," he said.

Board officials say that the daily cyber tips shared during school assembly sessions serve as a constant reminder of the importance of cybersecurity. These tips help students make informed decisions online and stay vigilant against cyber threats.

Caught on dash cam

Citizens find dash cam footage proving to be crucial when there is need to provide proof of crime or innocence

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A scientist recently revealed his close encounters with goons in a road rage incident in the city. The entire incident of horror was caught on his dash cam. The scientist Aashish Lamba posted a video of a man kicking his car before stopping his scooter in the middle of a busy road just before fleeing from the spot.

The victim, in this case, was able to provide evidence of the assault because of the dashcam footage. Similarly, with the rising cases of accidents and road rage, several citizens are now opting to install a dash camera in their vehicle.

Hemant, a resident of Ejipura, told BM that when initially he installed a dashcam he only did it to record his ride, but soon he realised that it can be used for security purposes.

"Last month, I got into a minor accident and the person who hit my car escaped. But the incident got recorded on my dashcam and I submitted that footage to the police. The city streets are also filled with fraudsters who try to scam people by saying that they have been hit by your car and trying to extort money, so even in those cases a visual proof is better," Hemant told BM.

An X (formerly Twitter) user, ThirdEye, says that the main reason why many drivers have decided to invest their money in dash cams is because its footage will provide proof in case of an accident and be accepted by police and insurance firms.

The user added, "Another important reason why you should consider buying a dashcam is because this will help you report undisciplined drivers. And there are instances where your car is hit by another vehicle, and if the other driver is at fault, they may flee the scene. With dashcams, the parking accidents can be recorded and produced to police."

Amit S Kumar, senior director, Netradyne, a company that specialises in delivering intelligent driver monitoring systems, said that with the increased awareness about the availability of such a technology, there has been a substantial uptake of people installing dashcams.

"Intelligent AI dash camera technology is playing a key role in road safety. In highway accidents involving commercial and private vehicles, private vehicles are statistically at fault in 75% of cases. Yet, commercial drivers often lack evidence and lose three-fourths of these cases. We not only enhance driver behaviour with AI-enabled IoT devices but our technology also provides video evidence to exonerate drivers in such incidents," he said.

Many drivers have decided to invest their money in dash cams is because its footage will provide proof in case of an accident and be accepted by police and insurance firms

The Bengaluru traffic police recorded 2,788 accidents on the road in 2023 as of July 2023. Among that, 499 people were killed in the accident and 2,413 were injured.

Among the offences recorded this year, 1,712 cases were recorded for reckless driving and 1,708 for speeding.

Drug scan: Sniffer dogs board the bus

The Central Crime Branch (CCB) police used sniffer dogs to perform surprise inspections in buses coming into the city from neighbouring states, on Saturday. The search operations were conducted as a result of CCB officers' suspicions that many narcotics were being brought into the city from other states via buses.

Sniffer dogs were used to screen the bags inside the private and government buses and their luggage compartment.

This is part of the different steps being taken by the police to entirely abolish drug dealing from the city. Police say that while arresting the peddlers is crucial, so is determining the source of the supply. A senior official of the police department said that an operation is being conducted to identify the routes through which drugs are supplied to the city and to apprehend the distributors. **BMB**

Rape case: Police notice to Telangana politician

Cubbon Park Police have issued a notice to the Telangana Congress leader to attend the hearing related to the alleged rape of a young woman.

The police team that had gone to Telangana, issued a notice to Congress leader Kumbam Sivakumar Reddy to attend the inquiry. The young victim has alleged that she was raped in a private hotel in the city after being intoxicated. She also claims that the accused made a video and was threatening her.

In relation to the case, a complaint was filed against Reddy, at the Cubbon Park police station. According to the sources, Reddy asked for a week's time to attend the hearing. The police have intensified the investigation in the case. **BMB**

ADVERTORIAL

TAVR: A REVOLUTIONISING WAY TO TREAT AORTIC STENOSIS

Transcatheter Aortic Valve Replacement is a minimally invasive procedure that involves replacing of the diseased aortic valve with a prosthetic valve through a small incision in the groin

Aortic stenosis or narrowing of the aortic valve is a heart condition that affects the aortic valve, obstructing normal flow of blood from heart to the rest of the body; and it can be fatal if not treated early. Aortic valve is an age progressive heart disease that usually impacts senior citizens over the age of 65, but it has also been observed in younger adults with birth defects in their heart valve or in people who have had suffered from rheumatic fever in their childhood.

Interventional cardiologists recommend that citizens over the age of 45 should be screened for aortic stenosis during their annual medical examination using physical examination and echocardiography, if needed. This will ensure early detection of heart disease. Termed as a silent killer, aortic stenosis does not showcase any early symptoms, and in later stages, severity of the condition requires a correctional surgery for survival.

According to the Global Burden of Disease, nearly 24.8 per cent of all deaths in India are related to cardiovascular diseases and as per a report by Indiatimes, around five to seven per cent of our elderly population (nearly 60 lakh people) in India suffer from aortic stenosis. Here we got in touch with Dr. K.S. Kishore, Consultant Interventional Cardiologist, Sagar Hospital, Bengaluru, to know about aortic stenosis and its treatment procedures.

What are some of the symptoms an treatment options of aortic stenosis?

The symptoms of aortic stenosis or calcification of the aortic valve are breathlessness, discomfort in the chest, dizziness, and occasional blackouts. Poor appetite and not gaining enough weight are observed mainly in children with aortic valve stenosis. Aortic stenosis, if left untreated, leads to worsening heart failure and can lead to sudden death. The traditional way of treating aortic stenosis is surgical. This involves open heart surgery (surgically opening the chest, and replacing the diseased valve with a prosthetic). With the advancement in medical technology and equipment, a minimally invasive procedure called the 'Transcatheter Aortic Valve Replacement (TAVR)' has emerged as a very effective and preferred treatment option for aortic stenosis.

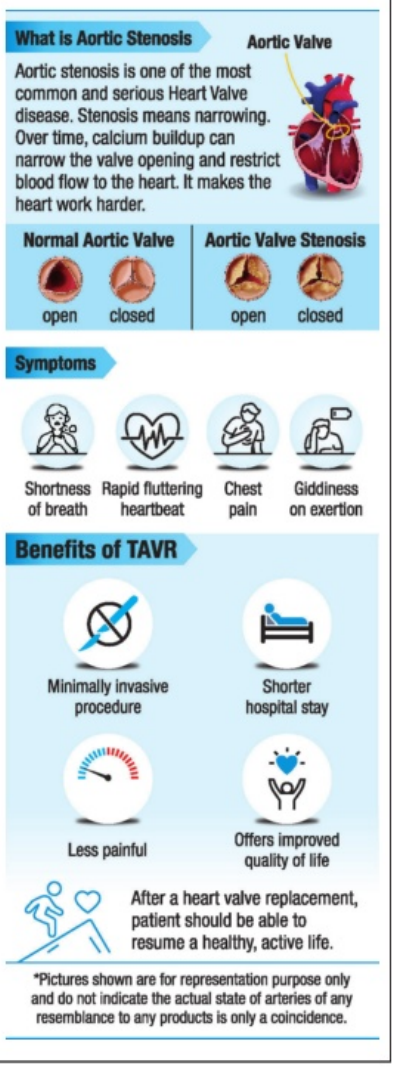
Dr. K.S. Kishore
Consultant Interventional Cardiologist
SAGAR HOSPITALS-DSI
Bangalore

What is TAVR?

TAVR is a minimally invasive procedure that involves the replacing of diseased aortic valve with a bio-prosthetic valve through a small incision in the groin. During the procedure, a thin, flexible tube called a catheter is inserted into the patient's blood vessels and guided up to the heart. Once in position, a balloon is inflated to widen the narrowed valve and a new valve is implanted over the old one. The new valve mimics the functions of the replaced valve and regulates the normal flow of blood from heart to body.The bio-prosthetic valve is made up of either porcine or bovine tissues and known to have a lifespan of around 8 to 10 years.

What are the benefits of TAVI/TAVR?

- TAVR is a less invasive procedure and carries lower risk of complications, particularly in elderly or high-risk patients who are not suitable candidates for open heart surgery.
- It has a faster recovery time and requires shorter hospital stay of two to three days, including 24 hours of ICU observation post procedure.
- TAVR is minimally invasive and hence, patients experience less pain and discomfort. With this procedure, they can go back to their normal activities faster as compared to patients who have undergone open heart surgery.


What is Aortic Stenosis
Aortic Valve
Aortic stenosis is one of the most common and serious Heart Valve disease. Stenosis means narrowing. Over time, calcium buildup can narrow the valve opening and restrict blood flow to the heart. It makes the heart work harder.
Normal Aortic Valve
open
closed
Aortic Valve Stenosis
open
closed
Symptoms
Shortness of breath
Rapid fluttering heartbeat
Chest pain
Giddiness on exertion
Benefits of TAVR
Minimally invasive procedure
Shorter hospital stay
Less painful
Offers improved quality of life
After a heart valve replacement, patient should be able to resume a healthy, active life.

*Pictures shown are for representation purpose only and do not indicate the actual state of arteries of any resemblance to any products is only a coincidence.

Disclaimer: The view / suggestions / opinions expressed in the article are the sole responsibility of the Physician. This should not be considered a substitute for medical advise. Please consult your treating physician for more details.

Bring down 923 illegal flexes and banners!

Officials to submit a report to HC on removal of illegal flexes and hoardings in the city

IN THE HIGH COURT OF KARNATAKA AT BENGALURU

W.P.No. 57990/2017 C/w. W.P.No.5703/2018 & W.P.No.2044/2022

BETWEEN:

Sri Mayige Gowda & others. ...PETITIONERS

AND:

State of Karnataka & others. ...RESPONDENTS

AFFIDAVIT

I, H.S. Shivakumar, S/o. Late H. Somashekar, aged 58 years, working as Under Secretary to Government, Urban Development Department (BBMP & Co-ordination), Vikasa Soudha, Bengaluru, do hereby solemnly affirm and state on oath as follows:

2. I submit that I am serving as Under Secretary to Government, Urban Development Department (BBMP & Co-ordination) and I am aware of the facts and circumstances of the case. Hence, I am swearing to this Affidavit, based on the records available in our Office.

3. I humbly submit that the above Affidavit is filed in compliance of the orders of this Hon'ble Court dated 20.03.2023 and 02.08.2023. There is a delay in filing the said Affidavit and

BBMP to submit details of complaints to HC and police to help remove unauthorised hoardings

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Urban Development Department has filed an affidavit to the Karnataka High Court on the measures taken to remove illegal flexes and hoardings in the city. The affidavit was filed in response to the High Court's directive to submit a comprehensive report on the measures taken to remove illegal flexes and hoardings in the city.

The delay in filing the affidavit was attributed to administrative reasons, according to H S Shivakumar, Under Secretary (BBMP & Coordination) of the Urban Development Department. The affidavit, filed as per the High Court's orders, detailed a meeting held on August 17. The meeting, chaired by the Additional Chief Secretary of the Urban Development Department and attended by key officials including the BBMP Chief Commissioner, Deputy Commissioner of Police for Bengaluru, Joint Director of the Directorate of Municipal Administration, and Deputy Commissioner of Advertisement at BBMP, focused on addressing the issue of illegal hoardings and flexes in Bengaluru.

"In the meeting, it was discussed regarding the illegal hoardings and flexes which are coming up in the City of Bengaluru and also the compliance of the Act. It was decided and directed that the BBMP should submit all details of the complaints and FIRs that were registered against such illegal structures. It was also further directed to the BBMP to place on record before the Honourable High Court a detailed report on illegal structures in the city and removal of the same," the affidavit stated.

The affidavit also stated that BBMP should immediately inform the police department as per the earlier communication of the government and inform the police department if they required police assistance to remove unauthorised hoardings.

"The meeting also directed the police department to give necessary assistance to the BBMP and also take necessary legal action regarding unauthorised advertisements immediately," the affidavit further stated.

The meeting had decided to launch public awareness campaigns through various means to deter unauthorised advertisements, banners, flexes and penalties. "The meeting directed the BBMP, Directorate of Municipal Administration, Police Department to take immediate measures under the provisions of Karnataka Open Places (Prevention of Disfigurement) Act 1981, and BBMP Act to take immediate action for violation, if any," the affidavit said.

The High Court has adjourned the case to September 19 for further developments.

Meanwhile, the BBMP Assistant Commissioner (Advertisements) has submitted a report stating that BBMP has identified 923 unauthorised flexes and banners and taken measures to remove them. The BBMP Assistant Commissioner has lodged 369 complaints and registered 264 FIRs.

While Bengaluru East leads the list with 320 illegal flexes and banners, Yelahanka is in second place at 128 illegal flexes and banners, Mahadevapura is in third place at 123 illegal flexes and banners, Dasarahalli 85, RR Nagar 83, Bengaluru South 83, Bengaluru West 77, and Bommanahalli 24.

While in Bengaluru East, 60 complaints led to 60 FIRs, Bengaluru West had 77 complaints with only seven FIRs registered. Bengaluru South reported 62 complaints and 50 FIRs, while Bommanahalli lodged 24 complaints with 21 FIRs.

Mahadevapura had 90 complaints and 90 FIRs, Dasarahalli had 21 complaints with an equal number of FIRs, Yelahanka had six complaints with three FIRs, and RR Nagar reported 29 complaints with 12 FIRs.

To combat hunger, a public fridge in Shantinagar

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Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

In an initiative to display community spirit and compassion, the residents of Shantinagar have come together to revive their noble initiative of installing a public fridge near the Jain Temple. This initiative is aimed at helping those in need, who faced a setback when the previous stopped working. However, the residents were determined not to let their philanthropic cause fade away.

On a Sunday, the neighbourhood witnessed the installation of a brand-new fridge, thanks to the generous contributions of the Shantinagar Sindhi Association, Rotary Round Table, and Shakti Plastic. This community-led effort aims to combat food wastage and provide essential items for the needy. In 2020, the fridge was set up, however, it was damaged by rats by cutting off the wires. The refrigerator had stopped functioning and the residents came forward and decided to set up another new fridge.

Residents and organisations alike are encouraged to donate food items such as fruits, vegetables, rice, gravy, and other eatables, ensuring they are properly packed and neatly placed inside the fridge. The fridge will be accessible to the needy from 7 am to 7 pm daily. In addition to everyday donations, Corporate Social Responsibility (CSR) initiatives will also contribute to this noble cause.

In a compassionate move, the initiative goes beyond food support. A designated shelf inside the fridge will be dedicated to storing old clothing materials for those who require them. Shobha Rander, a dedicated resident of Shantinagar, expressed her determination to maintain the fridge, stating, "The condition of the fridge had deteriorated, but we are committed to its upkeep. This initiative has already benefited numerous people in need, and we will actively volunteer to help those in need." In a bid to promote a cleaner and more responsible environment, a plogging activity was organised, which saw the participation of 35 volunteers, including members of Hasiru Dala, local residents, and the Indian Ploggers Army.

Raj from the Ploggers Army said, "We divided into teams and went door to door, educating residents on proper waste segregation. We collected over 8-10 bags of trash and also cleaned up areas near Shantinagar, including the hockey stadium, where plastic waste was scattered." The inauguration of the fridge saw the presence of N A Haris, the MLA of Shantinagar, who commended the community's efforts. BBMP Marshalls also lent their support during the plogging activities.

A resident said, "Such initiatives not only curb food wastage but also provide a lifeline for those struggling to make ends meet. The public fridges help the poor fight hunger, there can also be community solidarity by bringing these initiatives and also help in encouraging the donation culture."

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Traffic gridlock

HRBR Layout

Unregulated public and transport vehicle parking on the main road in HRBR Layout has led to traffic congestion and hindrance to smooth traffic flow.

Threat

Raj Bhavan and Vidhana Soudha

Neglected greenery and unmaintained tree branches around Raj Bhavan and Vidhana Soudha have sparked concerns for public safety and the need for urgent action.

Frustrated residents

OPH Road in Shivajinagar

Residents of OPH Road in Shivajinagar are frustrated with the poor upkept road, urging authorities to address the road's maintenance issues promptly.

Easy-peasy bus rides: The next stop is...

With boards set up at bus stops about ETA, passengers wonder if display inside the buses too can start functioning again

Bus passengers happy with ETA on display boards

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Now that the Bangalore Metropolitan Transport Corporation (BMTC) has installed digital display boards showing estimated time of arrival (ETA) of buses on designated routes in real time, commuters have requested authorities to also ensure the display boards within the buses too begin to display upcoming bus stops.

Aradhana, a student at a university on Langford Road, said that she often reads books or academic material while travelling on the bus as the commute from Kengeri to Shanthinagar takes close to one hour on a good day for traffic. "While I am reading, I tend to lose track of time. It would be convenient, if the display boards inside buses worked and made clear announcements just as the bus was approaching a particular bus stop. It would alert passengers, even those who are daily commuters and familiar with the route, from whatever they are doing and reduce instances of passengers missing their designated stops," she said.

Another commuter, Sumangala, said that conductors often have to take up the responsibility of letting new passengers know when to get down. "Conductors are now (since the implementation of the Shakthi scheme) overburdened with checking the identity cards of mostly all women who board the bus. Along with this, buses are often overcrowded, leaving them with little to no time to ensure that a new passenger gets down at the right stop," she explained, adding that new passengers can rely on the display boards if they were functional.

> **"Data from GPS tracking devices in buses and Namma BMTC application can be integrated to show expected time of arrival on boards inside the buses too**
>
> –Rajeshwari, govt employee

Along with display of upcoming stops, estimated time of arrival (ETA) to bigger stops such as Shivajinagar or Shanthinagar Traffic Transit Management Centers (TTMCs) can be displayed to further help commuters better plan their trips, said Rajeshwari, a government employee who commutes using BMTC services. "Since the BMTC has been installing GPS tracking devices on most of the buses in its fleet and has also launched the Namma BMTC application that shows ETA, the corporation must integrate the data to be displayed on the digital board within buses too," she explained.

The app

The Namma BMTC application has more than 1,00,000 downloads and has been tracking 4,297 buses, whereas the BMTC operates 5,568 buses and has a daily ridership of around 30 lakh passengers.

She added the display boards can also make other announcements, such as those indicating the fine levied on male passengers if they occupy a seat on the side of the bus designated for women, or even to keep commuters informed on the rules that need to be followed.

One small step closer to double-decker rides

Bangalore Mirror Bureau
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TWEETS @BangaloreMirror

The Bangalore Metropolitan Transport Corporation (BMTC) has begun a tender process to acquire 10 double-decker buses, a decision that has been made close to two-decades after the nostalgia-inducing buses were last seen on roads. After procurement of the buses, they will be deployed to ply around exclusively on the Outer Ring Road (ORR). While during the 1970s and 1980s double-decker buses were in operation across the city, the decision to exclusively allow their functioning only on the ORR has been taken considering the significant rise in traffic congestion, limited road infrastructure and ease of maneuvering.

Double-deckers buses were once often used by those who commuted through significant areas like Shivajinagar, Jayanagar, MG Road and City Market. However, due to rampant upgradation of road infrastructure in a manner that was not supportive of services by double-decker buses, the fleet was phased out by the BMTC.

A lone double-decker bus was last phased out in 2014, after it received minimal to no response from commuters. The previous BJP government had floated a tender to acquire double-decker buses. However, the Congress government has directed the BMTC to issue a fresh tender. The Department of Urban Land Transport (DULT) and the National Clean Air Programme will contribute Rs 10 crore each.

JSS Mahavidyapeetha
JSS Science and Technology University
JSS Technical Institutions Campus, Mysuru - 570006

Admission Open
2023-24

Accreditation and Ranking:

NIRF 2023
Rank Band
150 - 200

ARIIA 2023
Rank Band
101 - 150

India Today
28th Rank
Top Engineering(PVT) Colleges in India 2023

IIRF 2023
14th Rank at National Level
5th Rank in the South Zone
5th Rank at the State Level

CAREERS 360
50th Rank
Best Engineering College in India (Private)

CAREERS 360
37th Rank
At National Level India's Best Young University

Outlook 2023
21st Rank
Top 160 Private Engineering Institutes

Post Graduation Programs

M.Sc - in Computer Science
M.Sc - in Computer Science (Data Science)
M.Sc - in Computer Science (Artificial Intelligence & Machine Learning)
M.Sc - Computer Science (Cyber Security)
M.Sc - Chemistry
M.Sc - Analytical Chemistry
M.Sc - Mathematics
M.Sc - Biotechnology
M.Sc - Physics
M.Sc - Polymer Science
M.Sc - Automated Manufacturing
M.Sc - Electronic and Digital Media
M.Sc - Film Making
Master of Library and Information Science

M.Tech Biotechnology
M.Tech Data Sciences
M.Tech Health Science and Water Engineaering
M.Tech Industrial Electronics
M.Tech Infrastructure Engineering and Management
M.Tech Material Science and Engineering
M.Tech Networking and Internet Engineering
M.Tech Software Engineering
Master of Computer Application(MCA)

Under Graduate Programs

Bachelor of Computer Application (BCA)
Bachelor of Business Administration (BBA)
Bachelor of Science (B.Sc)*

B.E (Management quota)
B.E in Mechanical Engineering
B.E in Civil Engineering

*Will be offered with the combination of Physics, Chemistry, Mathematics, Computer Science, Psychology, Biotechnology, Biochemistry

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Survey at Dorekere Lake reveals 48 distinct birds

ActionAid Association promotes environmental awareness and continues community engagement in 'documenting lake's ecosystem'

Iffath Fathima
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@timesgroup.com

TWEETS @BangaloreMirror

In a testament to the rich biodiversity often concealed within urban landscapes, a recent survey conducted by the ActionAid Association at Dorekere Lake in Uttarahalli, Bengaluru, has unveiled an impressive array of bird species. This initiative not only documents the flora and fauna in the area but also actively engages the local community in the process, fostering environmental awareness and conservation efforts.

The survey, spearheaded by J N Prasad, a dedicated Bird Watcher, was carried out on multiple dates, specifically July 30, August 4, and August 6, 2023, with a dual session of birdwatching taking place in the mornings and evenings. A total of 48 distinct bird species were observed during this comprehensive survey.

Among the remarkable findings were three Near Threatened Species: the Painted Stork, Oriental Darter, and Black-headed Ibis highlighting the ecological significance of Dorekere Lake as a habitat for avian diversity. Encouragingly, signs of nesting activity were also observed, with the Oriental Darter, Black-headed Ibis, Great Cormorant, and Little Cormorant indicating successful nesting efforts.

Some bird species highlighted the ecological significance of the Dorekere Lake as a habitat for avian diversity.

"The present condition of the lake water is not good but it has habitat features which are helping birds come and rest in the evening and nesting happens –Raghavendra B Pacchapur

The most fascinating discovery was the presence of a pair of Painted Snipe in the reedbed, a rare sight in these parts, adding to the growing list of avian treasures at the lake.

Dorekere is said to be a part of the Vrishabhavati Valley of Bengaluru. It receives water from Gowdana kere / Gowdanapalya kere from the north and Devarakere from the south and finally discharges excess water to the Vrishabhavati Valley. It is spread across 28 acres and is located in the southwest part of Bangalore. It provides features like a walking path, gym, Kalyani, and other amenities. It has two wetlands on the eastern side of the lake.

Speaking about the initiative, the Action Aid Association expressed its commitment to continuing community engagement, especially involving children and youth, in documenting various facets of the lake's ecosystem, including birds, trees, plants, butterflies, and spiders in different seasons.

Raghavendra B Pacchapur, a lake activist said, "The present condition of the lake water is not good but it has habitat features which are helping birds come and rest in the evening, which is why nesting is happening. The birds go in search of food elsewhere but return back here. There is a good diversity of trees, particularly the ficus tree. Additionally, a large island with vegetation provides ample space for them to rest."

Karnataka will read preamble on Sept 15

The Karnataka government has officially begun the registration process for citizens to participate in reading the preamble of the Indian Constitution. Registration will remain open until September 12 at 6 PM.

The reading of the preamble is scheduled to take place in Karnataka on September 15 at 10 AM, coinciding with the 'International Day of Democracy' celebrated worldwide.

Chief Minister Siddaramaiah, Deputy Chief Minister D K Shivakumar and the Social Welfare Department Minister Dr H C Mahadevappa will lead the children and citizens to read the preamble of the Constitution of India, the government said.

According to sources within the Social Welfare Department, the organising body for the event is expecting lakhs of people across the state to likely to participate. The objective is to make people aware of the Constitution and its preamble. **–PTI**

Teacher transferred for go-to-Pak remark

A teacher at a government school in Karnataka has been transferred and is facing a departmental inquiry after reportedly instructing two Muslim students to go to Pakistan.

Manjula Devi, who was working at Urdu Government Higher Primary School in Shivamogga, has been transferred to a school at Hosamana Tanda in Hassan taluk.

The teacher had allegedly told a couple of Class 5 students to go to Pakistan while scolding them for making noise in the classroom. She told them that this is a country of Hindus and they should go to Pakistan. The incident occurred on August 30. The authorities took action

–IANS

NOTES FROM THE FIELD

Politics of patience

Mysuru MP Pratap Simha and Chief Minister Siddaramaiah had a verbal spat in the past. However, both of them came together in the recently held KDP meet in Mysuru. Simha, known for his candid remarks, playfully expressed his apprehension about CM Siddaramaiah scolding him during the meeting, eliciting smiles from those present. Narasimharaja MLA Tanveer Sait, seated beside the CM, light-heartedly reminded Simha of his history of critical comments aimed at the CM. The Chief Minister, with his characteristic wisdom, emphasized the significance of patience in the political arena, stressing the need to welcome individuals, regardless of their criticisms or praises.

Politician to producer

Former Chief Minister HD Kumaraswamy, renowned for his political acumen, also shines as a star film producer. Having successfully produced numerous hit movies, Kumaraswamy's involvement in the film industry is as dynamic as his political career. HD Kumaraswamy, a prominent political figure, is also a star film producer. His involvement in both fields was evident when he provided suggestions on the set of his son Nikhil's film debut. Now, Kumaraswamy advises Nikhil to focus on his acting career for the next five years, aligning it with the upcoming state elections. Despite political setbacks, in the Mandya Lok Sabha elections four years ago and more recently in the Ramanagar Assembly elections, Kumaraswamy believes in his son's potential as an actor.

Vastu effect

MLA HD Revanna's belief in Vastu principles influences decision-making, even in matters of power sub-station placement. Holenarasipur MLA HD Revanna is known for his unique approach to politics, guided by Vastu principles. Revanna's influence extends beyond legislation and into matters of design and architecture. Recently, his influence extended to the placement of a power substation. Despite initial debates, he emphasised the significance of Vastu principles and urged the officials to prioritise the northward orientation for the proposed substation. Despite the initial discourse, the officials found themselves compelled to heed his counsel. Revanna's commitment to Vastu is demonstrated in his daily commute between his home constituency and Bengaluru, aligning his actions with his convictions. His motivation? A steadfast adherence to Vastu principles, underscoring the lengths to which he is willing to go to align his actions with his convictions.

DK Shivakumar's last-minute save

At the recent launch of the Gruha Jyoti scheme, many dignitaries were felicitated. However, Deputy Chief Minister DK Shivakumar realised that Chief Secretary Vandita Sharma, who was also seated on the dais, had been overlooked. To felicitate her, he arranged some gifts, which Sharma was reluctant to accept, saying that she didn't want it. However, Shivakumar ensures Chief Secretary Vandita Sharma receives recognition for her team's support in the scheme's implementation, despite her initial reluctance. Sharma's reluctance was understandable. Being a senior civil servant she believed she didn't deserve to be felicitated in front of all those people.

Sowing for better reap

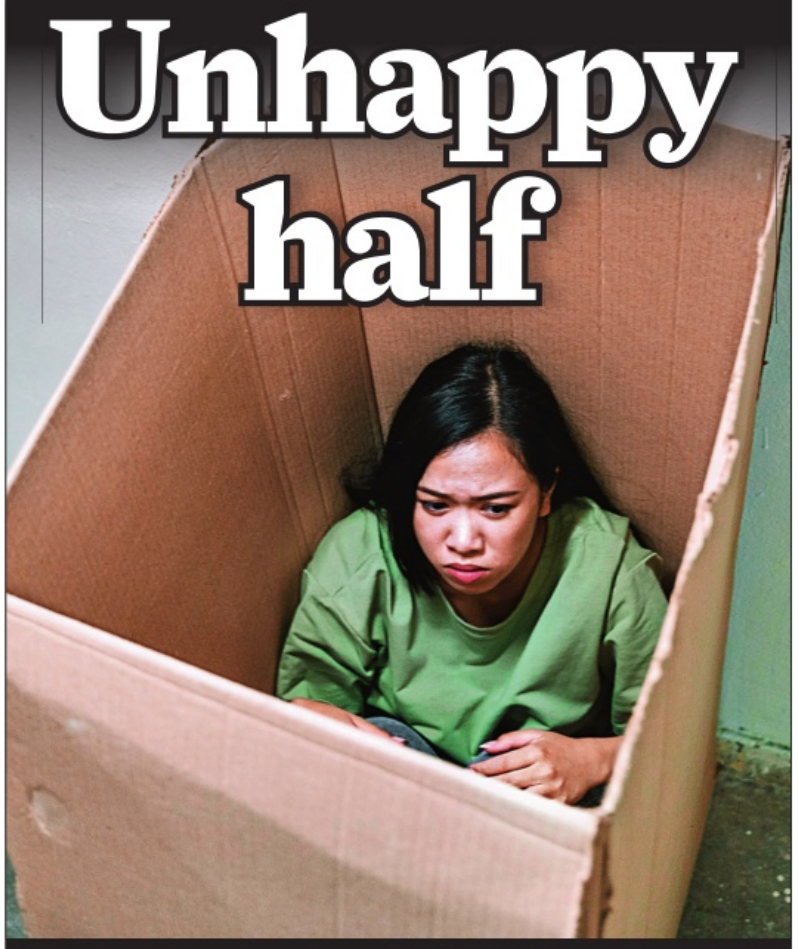
Usually, officials are often criticised for being out of touch with people's real issues. But here's a twist: Koppal Zilla Panchayat Chief Executive Officer Rahul Ratnam decided to dive right into the field, literally. He was recently caught on camera sowing paddy alongside agriculture department officials. Ratnam insisted it wasn't a mere publicity stunt. He wanted to immerse himself in the age-old art of paddy sowing, grasp the challenges faced by farmers firsthand, and come up with innovative solutions to their problems.

Unfulfilled dreams: CM longing for a medical career

Before venturing into politics, CM Siddaramaiah's true aspiration had been to become a doctor. Reflecting on his student years, the CM reminisced, "I, too, had a wish to wear the white coat and wander with a stethoscope around my neck. I would have taken up the role of a doctor rather than CM

–Sridhar Vivan

Unhappy half



Why are women upset and four things you can do about it

Something strange is going on in women's happiness research. Because despite having more freedom and employment opportunities than ever before, women have higher levels of anxiety and more mental health challenges, such as depression, anger, loneliness and more restless sleep. And these results are seen across many countries and different age groups.

A recent survey conducted by the American Psychological Association may hold some clues as to why. The results found that most US women are unhappy with how society treats them.

Many women are still the main caregivers for children and elderly relatives. Most also have the double burden of managing the home and family arrangements on top of paid work responsibilities. And within the workplace three in five women have experienced bullying, sexual harassment or verbal abuse.

The gender gap in wellbeing was notably documented during the pandemic, as many women took on more domestic and caregiving responsibilities on top of work. But it was also noted that although women took a bigger hit to their wellbeing they were quicker to recover, which seems to indicate that women are more emotionally resilient than men.

One of the factors that may contribute towards women's resilience is social connection. In one 2019 study, researchers found that women scored higher than men for positive relationships with others as well as capacity for personal growth. In essence, women tend to be better than men at getting support. They ask for help sooner and so are more likely to overcome adversity quicker.

Women have also been found to place greater value on social connections than men. Studies have found that women's friendships are more intimate – women favour face-to-face interactions that enable more self-disclosure and emotional support. Whereas men's friendships tend to be more side by side, pursuing shared activities. Think catching up watching a football match versus catching up over coffee. Again this may explain the buffer to women's mental health.

Happiness versus purpose

Although women may not be as happy in the moment as men and face greater social inequality, a recent study suggests that women report having more purpose in their lives. And having meaning and purpose in life is associated with better health and living longer.

The study found that women tend to engage in more altruistic endeavours, such as supporting others and charity volunteering which leads to a greater sense of meaning and purpose.

> **Though women took a bigger hit to their wellbeing they were quicker to recover, which may indicate they are more emotionally resilient than men**

However, the researchers also point out that this is likely linked to cultural norms of women being encouraged to put the needs of others first. While putting others first does not necessarily make you happier, having a sense of meaning in life definitely contributes towards happiness.

Given all this, women need to make time for themselves to protect their wellbeing. Here are four evidence-based ways to help you do this:

1. Try therapy

Having a place just for you, where you can talk about how you feel and express your emotions is important for your psychological wellbeing. Art-based therapies are particularly beneficial for women as are group-based interventions that allow women to speak openly with other women – which can reduce feelings of stigma and shame.

2. Connect with nature

Spending time outdoors in natural settings can be very comforting. A recent study found that nature-based interventions are particularly healing for women who have experienced trauma or illness . Indeed, as women, our biology and values often align with the natural world. The term "Mother Earth" reflects the feminine tendency to be life-giving and nurturing.

So make sure you factor some time outside in nature into your daily or weekly plans. A walk on the beach, a run through the woods or reading a book in the park, it all helps.

3. Move yourself

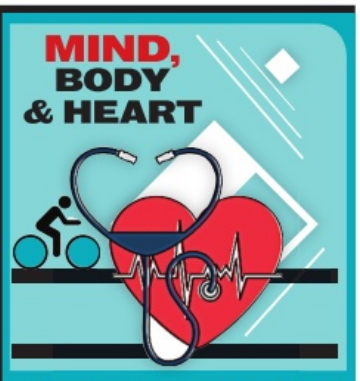
Studies show that when women engage in regular physical activity it increases self-acceptance and personal growth. Aerobic exercise is particularly helpful for cognitive health as women age. High impact, weight-bearing exercise such as jumping and running improve bone health for women in middle age and regular moderate exercise, such as walking has been shown to improve symptoms of the menopause.

4. Cut down on alcohol

Women face gender-specific risks related to alcohol, including a greater risk of being a victim of violence and more health-related issues such as heart disease and breast cancer. Women also become intoxicated quicker than men which can make them more vulnerable.

Given that women are twice as likely as men to experience anxiety, reducing or eliminating alcohol may be sensible. Indeed, research shows quitting alcohol can significantly improve women's health and happiness.

(By Lowri Dowthwaite-Walsh, University of Central Lancashire, The Conversation)



All you need to know about...

Infant eczema

Gut microbiome link
Significant links between the gut microbiome and infant eczema have recently been found, laying the framework for future eczema prevention and therapy through gut microbiota management.

Crucial first year of life
The results of the study were published in the American Society for Microbiology journal mSystems.
"The problem of eczema is increasing, and our study shows it could be a result of unwanted changes in the gut bacterial content. The first year of life could be a critical period to restore the gut bacteria to a more desirable composition," said the study's principal investigator Paul Chan, MD, professor of microbiology at The Chinese University of Hong Kong, Hong Kong Special Administrative Region, China.

Data from the gut
By conducting a nested case-control study, they showed that alterations in the infant gut microbiota precede the development of eczema. Interestingly, they identified a depletion of Bacteroides and an enrichment of Clostridium sensu stricto 1 in the gut microbiome of infants with eczema at 1 year old. The same patterns were also observed in C-section born infants within the same time frames, suggesting a role of the gut microbiota in previously reported associations between C-section and increased risk of eczema.
"Our study found that the gut bacterial content of babies changes drastically over the first 3 years of life," said Dr. Chan. "The mode of delivery and feeding, and the use of antibiotics around the time of delivery affects the gut bacterial content. We observed characteristic changes in the gut bacterial content before the babies present with eczema."

-ANI

MIRRORLIGHTS

Study shows how simple measures can help prevent hip fractures

According to a recent Australian study, if everyone adopts simple bone-strengthening measures, the number of hip fractures may be significantly reduced.

A hip fracture significantly raises the chance of death, especially in the elderly. Within a year following a hip fracture, about 37 per cent of men and 20 per cent of women pass away.

Additionally, it results in substantial discomfort and suffering, a loss of independence and movement, and higher healthcare expenses.

The study's principal investigator, Professor Tuan Nguyen of the University of Technology Sydney (UTS), is a world authority on osteoporosis.

He stressed the importance of people taking easy steps to improve their bone health, even if they don't have osteoporosis and even if those steps only seem to benefit them marginally.

"Osteoporosis is a disease characterised by weak and brittle bones caused by bone loss. Osteoporotic individuals have the highest risk of a hip fracture, and pharmacologic treatment can reduce this risk by around 50 per cent," said Professor Nguyen.

"However, the majority of hip fractures occur in people who do not have osteoporosis, so it is important for everyone, especially the elderly, to take action to improve their bone health. Bone mineral density is modifiable, and even small improvements reduce the risk of a fracture.

"Bone health is affected by lifestyle factors such as smoking, physical activity and nutrition, including vitamin D and dietary calcium intake. Stopping smoking, maintaining moderate physical activity, and eating a healthy diet can all help reduce bone loss."

-ANI

KR Circle underpass to get CCTV surveillance

CONTINUED FROM PAGE 1

We have installed the CCTV cameras and now we are thinking about doing away with the idea of boom barriers. We don't need boom barriers as through the CCTV feed we can monitor the water levels. We can ask traffic officials to close access to the underpass if necessary. We are receiving the live CCTV footage directly to our phones through the Hik Connect app."

Palike officials say that the live feed will be available for viewing for the officials as well as the public.

On 21 May 2023, a 22-year-old techie died at KR Circle underpass as the car submerged in the flooding of the underpass. Following the incident, BBMP was asked to prepare an audit report for the 53 underpasses.

Use CCTVs that exist?

However, citizens said that the Palike must work with other agencies to utilise the existing CCTV network for its needs. "Under the Nirbhaya Scheme, a network of high-tech CCTVs are being installed. Already a large chunk of funds are being used to install them, and as traffic police officials can use the feed for booking traffic violations, BBMP can use the feed for its purposes. Different control rooms can utilise the same feed. The BBMP already has a command centre set up during the Covid period, which can be repurposed. There is a need for BBMP to shift towards institution building over knee-jerk reactions," said Sandeep Anirudhan, a citizen activist.

Ashwin Mahesh, a city-based urbanist said there is a need to change such surveillance to neighbourhood obligation. "The feed should be easily available to the public. How can we expect BBMP officials who created the mess to monitor and report problems with the same infrastructure? By involving the public, chances of BBMP succeeding in the mission will also be greater," Mahesh said.

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personal

CHANGE OF NAME

I, Sreerag K R/o C.207,Sunny Verano, Doddakanelli, Bangalore-560035 have changed my minor (age 6 yrs) daughter's name from Avani Kannampulakkal to Avani Roshni Sreerag vide affidavit no. SUBIN-KAKAGCSL082044380514083 5V dated 01-Sep-2023 before notary B.M.Chandrashekar.

I Sanath Prabhu S/o Rajesh Prabhu Chinivardha R/o #664, Shree Sadana, 1st Cross, 7th Main, Vijaya Bank Layout, Bannerghatta Road, Bangalore 560076 have changed my name from Sanath Chinivardha Prabhu to Sanath Prabhu for all future purposes

I Snehal Bahadurdesai W/O, Kiran L Bahaddur Desai R/o #f1, Swagath Sandesh No 2, 2nd Main, Hriram Aildas Layout, Near Shobha Hospital, Vijayanagar, Bangalore 560040 have changed my name to Snehal Kiran Bahaddur Desai .

I, Raman B R/o 203, A Block, Samaya Sonata Apartment, Vidyaranyapura Po, Bangalore 560097 have changed my minor son's name from Taksha R to Thakshan R B .

I Mary D'souza & Mary Roche W/O Bonaventure Roche R/o 401, Prince Royal, Eastwood Township, Bellandur, Bangalore have changed my name to Marta Matildes Roche.

I Satish P U S/O, Prasad Peri R/o B2-173, Dlf Western Heights Apts, Akshaya Nagar, Bangalore-560068 have changed my name to Satish Kumar Peri

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Speculations rife as two BJP leaders meet DKS at film star's birthday party

Amid speculations of 'Operation Hasta' going on in Karnataka to woo BJP leaders to join the Congress, former BJP Minister BC Patil and ex-MLA Narasimha Naik met Deputy Chief Minister DK Shivakumar during the birthday party of noted Kannada film actor Sudeep Sanjeev, who is popularly known as Sudeep.

However, Patil and Naik on Sunday ruled out the possibility of them quitting the party and joining the Congress.

'Operation Hasta' is being projected as an attempt to make the leaders of opposition parties, mainly the BJP, to join the Congress. It is said to be in retaliation to the BJP's 'Operation Lotus' of allegedly toppling a government and installing theirs, as had happened in 2019 when the coalition government of Congress and the JD(S) collapsed due to the disqualification of 17 MLAs of ruling coalition.

Patil and Naik said their meeting with Shivakumar in a five-star hotel was a sheer coincidence and an unexpected one.

"It was an unexpected meeting. I did not expect that Shivakumar would come there," Patil told reporters. Naik too clarified that he has no plans to quit BJP and join the Congress.

"There is no question of undergoing any 'operation' because I am neither suffering from cancer nor tumour. Also, I don't have any disease. There is no situation to go to any doctor," he said.

He said Sudeep had thrown a party in a hotel on Saturday where we all had gathered. Naik, however, admitted that there is discontent in BJP and he had raised it in the party meeting recently.

Explaining it, he said during the recent meeting he had told the senior party leaders to appoint a leader of the opposition and constitute a team with new state party (BJP) president. It will help in the upcoming Lok Sabha election, Naik said. According to him, people are waiting to vote for the BJP in the Parliament election. The delay in the appointment may drive people away from the party, which should not happen.

Naik admitted that the party has been seeing the downfall after removing B S Yediyurappa from the post of Chief Minister in July 2021.

"After removing B S Yediyurappa from the post of Chief Minister, to some extent our downfall started, which did not pick up again. There is no second thought about it. Now Yediyurappa is at the forefront. Vijayendra is also there. Yediyurappa is doing his job of building the party," he added.

The former BJP MLA said Yediyurappa speaks over phone twice a week to all leaders who lost the election.

"He (Yediyurappa) talks to us just like a father, just like the head of the family speaks to the children. Yediyurappa is not sitting idle. He is trying to solve our problems. He is also talking to all of us. We will contest the election under his leadership," Naik said.

Meanwhile, a war of words broke out between Karnataka Infrastructure Development Minister M B Patil and former BJP Minister C N Ashwath Narayan over the 'Operation Hasta'.

Narayan alleged that the Congress is trying to blackmail the BJP leaders.

"Today Congress is a sinking ship. It has no future. They are trying to blackmail by saying that these people are joining our party. They (Congress) will fail," he said.

He also said no one should draw any conclusion based on someone meeting with people in power.

Reacting to the blackmailing jibe, Minister Patil said, "It means BJP people have done something, which makes them prone to blackmailing. You can be blackmailed only if you have done something. Now, Ashwath Narayan has spelt out the truth."

The minister said someone should ask Narayan what blackmail has happened.

A few days ago, former BJP Ministers S T Somashekar and Arabail Shivaram Hebbar, and former BJP MLA M P Renukacharya had met the Chief Minister and the Deputy CM.

Somashekar, Shivaram Hebbar and Patil were among the 13 disqualified Congress MLAs in 2019, who had resigned from their party and Karnataka assembly bringing down the coalition government of Congress and the JD(S).

Soon after the collapse of the coalition government, BJP came to power in Karnataka. The three leaders along with other disqualified MLAs joined the BJP, contested the bypolls and became ministers in the BJP government. **PTI**

Pitfalls on city's roads

CONTINUED FROM PAGE 1

Thomas J, a resident of Kaggadasapura. The BBMP Major Roads Department or the respective ward engineer are supposed to identify potholes and take measures to fill them without any delay. However, potholes on the roads remain unattended due to the best reasons known to the BBMP.

Ramakrishna Raju, a resident of Vignana Nagar, said potholes are developed on many cross roads in the locality. "We can cope with potholes on the cross roads but the need of the hour is to fix the potholes on the main road between Vignana Nagar Bus Stop Junction and railway level crossing near Kaggadasapura Main Road that leads to DRDO Complex. I demand the BBMP engineers to fill up potholes as early as possible for the benefit of us motorists," said Raju.

And it is not that the road along the DRDO Complex compound towards Mahadevapura is in a good condition. There are craters on this road posing danger to two-wheeler riders. "Movement of vehicles is slow on this road due to potholes and craters. "It is difficult to commute on this road at night due to the craters. A few of the street lights are not functioning," said Sukesh S, a two-wheeler rider.

It is surprising to see most of the potholes and craters either around sewage chambers or telecom duct chambers. The residents have demanded that the BBMP engineers inspect the spots where telecom duct chambers are constructed on the road. "It is the responsibility of the telecom service providers to restore the road and fill up gaps around the telecom duct chambers. Sub-standard material used by the contractors is the main reason for the wear and tear of the road," opined Rajeev N, a resident.

When informed, Vignana Nagar ward former corporator SG Nagaraj said the road was asphalted more than a year ago. "I have already instructed BBMP Major Roads engineers about the potholes and craters on this road. They have assured me that the potholes would be filled up in a day or two," said Nagaraj.

BBMP Major Roads assistant executive engineer Manjunath too said the potholes would be filled in two days. "We expect to get cold mix material in a day or two. We will commence filling potholes as soon as we receive the cold mix material," said the assistant executive engineer.

No deal?
UK PM Rishi Sunak has ruled out a quick-fix trade deal with India, making it impossible to get a pact over the line in time for this week's G20 summit

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Food vigil and more: Kota police goes all out

Coaching hub in Rajasthan is roping in services of mess workers, wardens, tiffin providers to keep eye on students' stress levels

#New Delhi

Rocked by a spate of student suicides, the coaching hub of Kota is roping in wardens, mess workers and tiffin service providers to look for any signs of depression or stress among the students staying in hostels and PG accommodations.

While the wardens are being encouraged to participate actively in the 'Darwaze pe dastak' (knock on door) campaign, the city police has urged the mess workers and tiffin providers to report if a student is repetitively absent from the mess and skipping meals or anyone's tiffin is found unconsumed.

"We have launched a campaign called 'Darwaze pe dastak' where we are encouraging wardens to make it a routine to knock on each students' door at around 11 pm, ask them if they are okay, notice their activities, and keep a vigil just to ensure that there are no signs of stress, depression or abnormal activity.

"After coaching, the students spend maximum time in hostels, and hence wardens should be the first one to notice the signs," Chandrasheel Thakur, ASP, Kota told PTI. Over 2.5 lakh students move to Kota annually to prepare for competitive exams such as the Joint Entrance Exam (JEE) for engineering and the National Eligibility-cum-Entrance Test (NEET) for admission to medical colleges.

The year 2023 saw the highest number of student suicides -- 22 so far -- with two ending their lives in a gap of a few hours on August 27. Last year, the figure was 15. Packed schedule, cut-throat competition, constant pressure to do better, burden of parents' expectations and homesickness are the common struggles of the students here.

Psychologists have been warning that there are always signs that go undetected before any child takes the extreme step.

Students queue up for dinner at a mess in Kota in Rajasthan (File photo)

"The idea is to detect these early signs. If any student is repetitively missing classes or skipping meals, there has to be something. We want to identify these children, get them counselled before they get pushed to the brim. We have launched a dedicated number on which wardens, mess workers and tiffin providers can give us this information," he added. Naveen Mittal, president, Kota Hostel Association said there are 3,500 hostels and 25,000 paying guest (PG) accommodations in Kota.

Garima Singh, warden, Amratingali Girls Residency said she knocks on the doors of children regularly.

"The idea is not to disturb them, but to keep a check if they are fine. If someone is sleeping for unusual hours, I discuss with them if they are just tired or unwell. I check their mess logbooks too. If someone has not eaten meals in the mess, I ask if he or she did not like the food or is it because of some stress," she said.

The district administration recently directed the coaching institutes to stop conducting routine tests for students preparing for NEET and other competitive exams for the next two months in the wake of the latest suicides.

Gagendra Soni, warden of a boys hostel said, "Some boys opt for tiffin service rather than mess food. We notice sometimes that the tiffin is lying outside the room. We take it very seriously now and try to strike a conversation."

In a desperate move, the authorities had recently ordered hostels to install a spring device on ceiling fans to stop students from taking their lives. – PTI

Sinking of land, collapse of houses continuing in Shimla's Rampur

#Shimla

In spite of a respite from heavy rains, sinking of land in remote villages of Rampur in Shimla district of Himachal Pradesh is still continuing and the villagers whose houses have been rendered unsafe are demanding relocation to safer places. A large number of houses in the 12/20 area of the Rampur sub-division are on the verge of ruin and Urman village in Munish panchayat has become totally unsafe. The residents of the area are urging the government to relocate them to safer locations.

Gian Dasi, a resident of Urman, said his house has been completely destroyed and he has taken shelter under a tarpaulin sheet amid a threat from falling stones and fear of snakes. Kaul Negi, a former president of the Himachal Cooperative Federation, said 10 houses have been destroyed in Urman while two families have been rendered shelterless in Bahali village.

File photo of debris on a road following a landslide after heavy rainfall, in Shimla

Mahendra Singh and Meera, residents of Urman, also complained that their house has been damaged due to wide fissures in the land, while Raj Kumari of Bahli said her house has been completely damaged and she has no place to live.

The affected people are waiting for help and rehabilitation and appealing to the government to shift them to safer places. – PTI

Kharge convenes meeting of INDIA bloc MPs on Sep 5

#New Delhi

Opposition MPs of the INDIA bloc will meet on September 5 to discuss their joint strategy for the upcoming special session of Parliament, the agenda for which is still under wraps.

Sources said MPs of the opposition alliance in both the Lok Sabha and Rajya Sabha will meet to chalk out their joint strategy for the session from September 18 to 22. The meeting has been convened by Kharge at his Rajaji Marg residence here, they added.

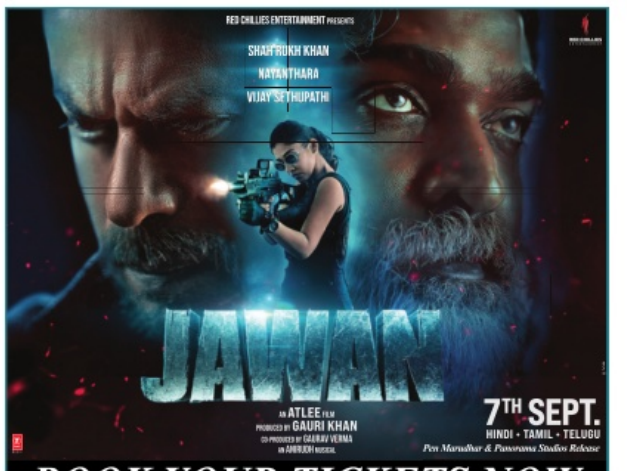
Congress General Secretary, Organisation, K C Venugopal said party president Mallikarjun Kharge has called a meeting of the Congress Parliamentary Strategy group on September 5.

"Kharge ji has also called a meeting of MPs of like-minded opposition parties," he told reporters adding that the agenda for the upcoming session would be discussed in the meeting. Congress MP Rahul Gandhi met Kharge at the latter's residence to discuss organisational issues and the current political situation.

The opposition INDIA alliance is working in cohesion with each other and is planning to take on the BJP unitedly on various fronts as well as the 2024 Lok Sabha elections. It functioned in unison during the recent Monsoon session of Parliament too.

One election

Kharge on Sunday also hit out at the central government over its 'One Nation, One Election' push, saying the centre wants to turn the country into a "dictatorship" by implementing it. – PTI



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FARNAZ

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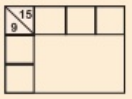
SOLVE IT IN A MINUTE

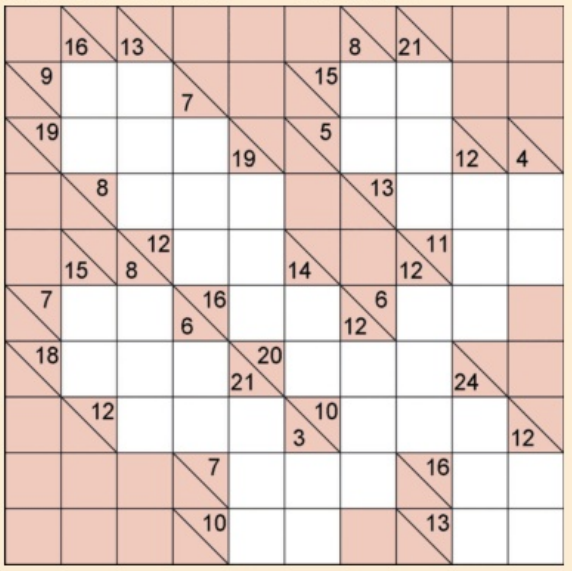
The eleven tile letters "PERULTIMATE" are in a bag. Find the probability that, if 8 letters are drawn at random and laid down in order, the word "ULTIMATE" is spelled.

Kakuro

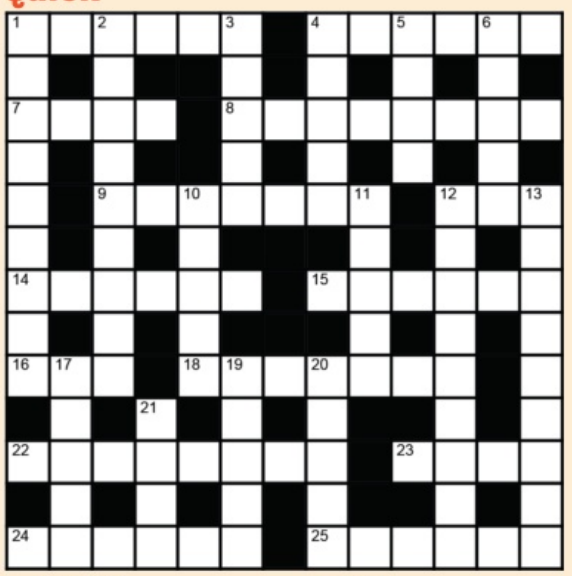
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Four scores and ten? (6)
4 Gave instruction (6)
7 Concerts (4)
8 Medicine for constipation? (8)
9 Divide in three approximately equal parts (7)
12 Assemblyman, in short (3)
14 Help or do a favour to (6)
15 Very thin (6)
16 Flow back (3)
18 Baltic Republic (7)
22 Indian queen or empress (8)
23 Musical instrument (4)
24 Progression or sequence (6)
25 Famous Swiss city (6)

DOWN

1 National park home to many tigers and elephants (9)
2 Discotheque (5,4)
3 Shouts (5)
4 Poisonous (5)
5 Biblical word (4)
6 A mean dwelling (5)
10 Fire on the hearth or a fireplace (5)
11 Keepsake (5)
12 Tiny; dwarf (9)
13 India's first satellite (9)
17 Valiant or heroic (5)
19 Joins especially by means of stitches (5)
20 Due (5)
21 Abolished Indian custom (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: G EQUALS W

XAD LDWONFD HJ GAH GD WFD QO GAWX GD SH GQXA GAWX GD AWPD.

Linemaro

What are you doing for the rest of your life? Because I want to spend it with you

Mindchow

As you walk down the fairway of life you must smell the roses, for you only get to play one round

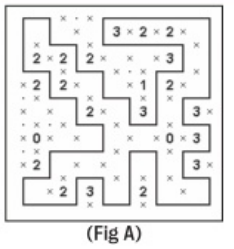
Joke of the day

It doesn't matter if the glass is half empty or full. There is clearly room for more alcohol

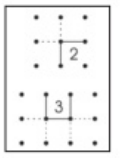
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



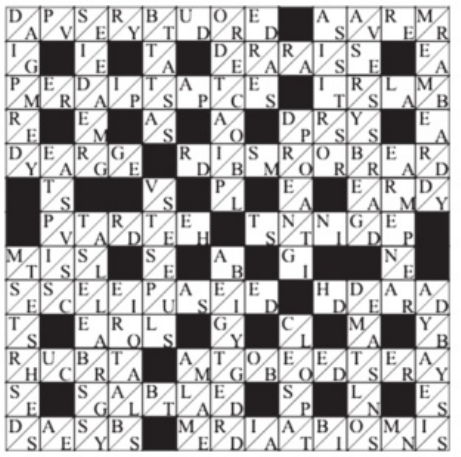
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

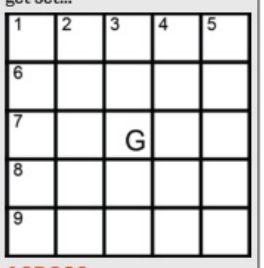
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

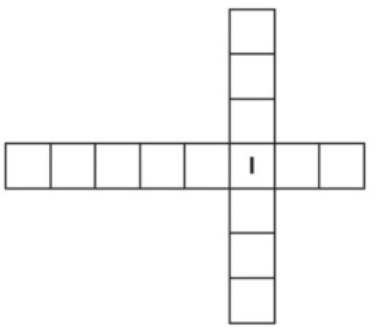
1 As Mam; 6 Lamia;
7 A guru; 8 Licks;
9 Smack

DOWN

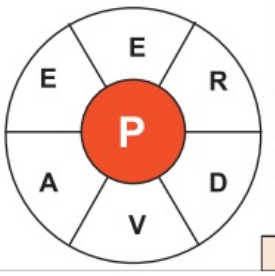
1 Sim ma; 2 La Lau;
3 Gamic; 4 U Mack;
5 R asks

Mensapuzzle

Insert all the letters of the phrase UNSPOILT LOCAL into the remaining blank spaces once each only, to produce two words that form a phrase. Clue: things are not always what they appear.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; **11** Good; **13** Outstanding

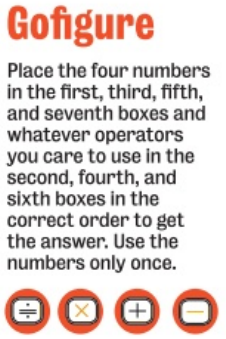
SudokuChallenge

				2	9			
		8			4	7		
6							3	
	8	2				3		4
3	6	4		7		1	5	9
5		1				8	6	
	2							3
		5	8			4		
			6	9				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

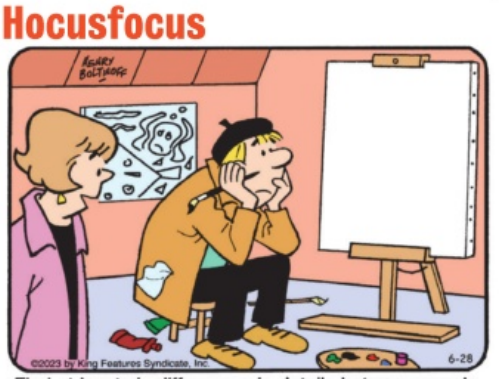


Easy = 15
6 7 7 9

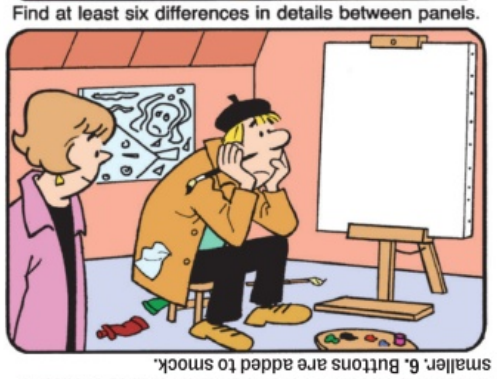
Medium = 12
2 5 5 6

Hard = 6
3 4 5 3

Hocusfocus



Find at least six differences in details between panels.



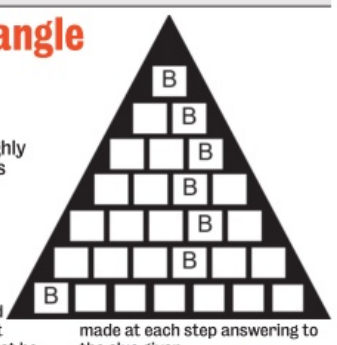
Differences: 1. Foot is moved. 2. Paint tube is reversed. 3. Mouth is closed. 4. Beret is smaller. 5. Base of easel is smaller. 6. Buttons are added to smock.

Riddler

Rearrange the letters of each word in this phrase to form a well-known saying.
LEWL GUNEB SI FLAH ENDO

Alpha triangle

1 Second letter
2 Old boy, abbr
3 Weep audibly
4 Unruly crowds
5 Searches thoroughly
6 Short deep valleys
7 Suits



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

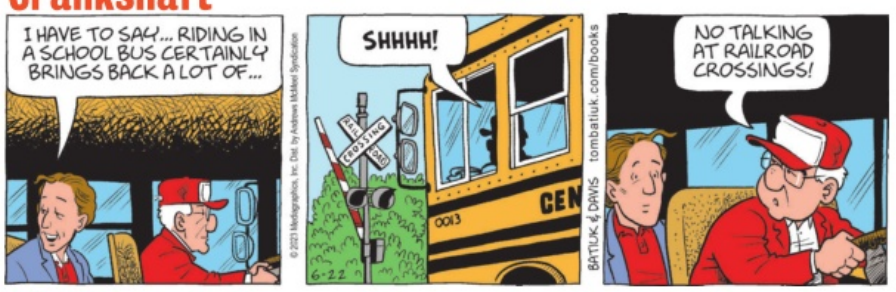
Bizarrotrip

Diamond Lil

Hart of the city

NO MATTER WHAT YOU DECIDE, YOU KNOW WHAT'S BEST FOR YOU.
YEAH! YOU HAVE PRETTY GOOD INSTINCTS.
AND EVEN IF YOU DO SKIP A GRADE, YOU CAN'T GET RID OF ME!
BECAUSE I KNOW WHERE YOU LIVE!

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you will perform well at work. Your performance at the office will improve. Colleagues may be cooperative, and you will be able to complete your postponed projects on time. You may lend money for investment purposes. Job seekers may find a new job. There is positive news for those who have been suffering from chronic health conditions.

Taurus Apr 21 – May 20
Situations will be in control today, people around you may be more responsive to you. However, it is important not to take life as a burden. Try to be patient and resilient in difficult situations. You may face some challenges in achieving your goals, but the blessings of your elders will help you overcome them. Your confusion about your life goals may now be cleared up.

Gemini May 21 – Jun 21
Today, you may find it difficult to complete your tasks. You may be a victim of mood swings, your patience may be tested and you may make silly mistakes. This could lead to confusion and frustration. Lovebirds may find themselves feeling confused about their feelings. They may be expecting too much from their partner, which could damage their emotional connection. You are advised to take care of your parents. Students may find it difficult to concentrate on their studies.

Cancer Jun 22 – July 23
Today, you will be in a good mood. You will be able to manage your earnings and expenditure well, which will boost your finances. Your network will be helpful in implementing your plans. Your siblings and subordinates will be more helpful today. You may plan to visit a religious place or meet your elders.

Leo Jul 24 – Aug 23
Today, you will be energetic and optimistic. You will be motivated to achieve your goals with hard work. You may plan to go out with friends and family to celebrate your happiness. Students will receive good news related to their studies.

Virgo Aug 24 – Sep 23
Today, you may feel unhappy and nervous in the morning. However, in the late afternoon, you will be happier, and internal vitality will boost your self-confidence, You should avoid making careless decisions in matters related to finance, career, and studies. You may face some self-respect issues with your spouse, so it is important to be patient to avoid converting happy moments into sad moments. Lovebirds may plan a short trip.

Libra Sep 24 – Oct 22
Today, you may overspend, which will affect your savings. You should be careful in expressing yourself at work and at home. You should avoid lending money and making important decisions related to real estate and other assets. You should also avoid taking on more responsibilities than you can handle.

Scorpio Oct 23 – Nov 22
Today, you will feel calm and peaceful. You may plan to invest some money in your business, which will boost your liquidity. Your earnings will improve your financial health. You may enjoy romantic moments with your spouse, which will strengthen your family life. Singles may likely find a suitable match. Lovebirds may decide to get married. Students will be blessed by good karma.

Sagittarius Nov 23 – Dec 22
Today, you will be very happy. Your losses may turn into profits. Your seniors will be happy with your work and may appreciate you. You may likely have some changes in your position or responsibilities. May get a promotion or a new position at work. Your opponents and hidden enemies will be under control. Singles and lovebirds may take important decisions related to marriage with the help of their relatives or friends.

Capricorn Dec 23 – Jan 20
Today, you will be blessed by the moon, which will make you happy. The problems of last week will be over. With your elders' blessings, you may get reciprocation for your hard work. With the help of your subordinates, you will be able to start your postponed projects. You will make some gains in your business, which will boost your finances.

Aquarius Jan 21 – Feb 19
Today, you may feel dull. You may have some health issues. It is advisable to postpone making investments in your business. It is also advisable not to start any new venture. You may face losses in your business. Your gains may turn into losses.

Pisces Feb 20 – Mar 20
Today, you may receive some business orders that may be profitable in the near future. You may implement some new ideas in your work. You may form new partnerships. You may be busy with work, which may make you mentally tired. It may affect your domestic life.

KIDZONE

Mohan, 12 Years, Gnanodaya Public School

Gauravi Harish, 6 Years, National Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
Probability of choosing a letter, U = 1/11
Since there will be no replacement.. probability of choosing the next letter, L = 1/10.
Accordingly...prob of forming the word ULTIMATE
= 1/11 x 1/10 x 2/9 x 1/8 x 1/7 x 1/6 x 1/5 x 2/4
= 4 x 31/11!
= 24/11!

RIDDLER
Well begun is half done.

FAST FIVE

M	A	M	A	S
S	L	I	C	K
A	U	G	U	R
I	L	A	M	A
M	A	C	K	S

STRIKE OUT

A	P	E	R	T	U	R	E		A	V	E	R	A	G
E		G	A	B	L	E		P		N		S		
H	U	R	T		A	G	O	O	D	T	R	Y		
S		E	O	S		G		C		A		B		
E	C	L	I	P	S	E	D		H	E	R	A		
S		S		L		A		A	M	Y				
D	A	R	T	E		S	N	I	D	E				
M	E	D	I	T	A	T	E		I	R	A	M		
I		I		A		E	R	A	S	E		E		
D	A	Y	S		E	D	I	T	I	O	N	S		

QUICK

S	E	R	I	E	S			G	E	N	E	V	A	
		V		T		M				R		T		
M	A	H	A	R	A	N	I		T	U	B	A		
		R		S		E		W		T		H		
E	B	B		E	S	T	O	N	I	A		B		
L		U		L		E		I		A				
O	B	L	I	G	E		S	K	I	N	N	Y		
		H		C		N		O		I		R		
R		T	R	I	S	E	C	T		M	L	A		
A		H		L		I		O		T		E		
G	I	G	S		L	A	X	A	T	I	V	E		
A		I		E		O		N		O		H	T	

MENSA PUZZLE
OPTICAL ILLUSION
The measure of who we are is what we do with what we have.

BULL'S EYE
deep, DEPRAVE, drape, pare, pave, paved, pear, peer, PERVADE, rape, raped, reap, reaped

QUOTE UNCODE

1	5	7	3	2	9	6	4	8		T	A	U	G	H
2	3	8	1	6	4	7	9	5		A		L		O
6	4	9	7	8	5	2	3	1		L	A	X	A	T
9	8	2	5	4	3	1	6	7		I		O		E
3	6	4	2	7	8	1	5	9		G	E	N	E	V
5	7	1	9	4	3	8	6	2		E	S		G	E
8	2	6	4	5	7	9	1	3		S	T	O	N	E
7	9	5	8	3	1	4	2	6		B		E		S
4	1	3	6	9	2	5	8	7						

SUDOKU

ALPHA TRIANGLE
8, OB, Sob, Mobs, Combs, Combes, Becomes.

GO FIGURE
Easy
9 + 6 + 7 – 7 = 15
Medium
2 × 6 – 5 + 5 = 12
Hard
5 + 4 / 3 + 3 = 6

LOOP

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

King directs

Kichcha Sudeepa returns to direction after a decade with KK. With an intriguing tagline 'God Forgives, I don't - King Kichcha', this movie will mark his first collaboration with KRG Studios.

This movie will be produced by Karthik Gowda and Yogi G Raj of KRG Studios in association with Kichcha Creations. This comes on the eve of Sudeepa's 50th birthday. Sudeepa, who began his directorial journey with My Autograph, is eager to commence work on his seventh outing as a filmmaker. "I'm telling a story in my perspective after many years. It's exciting, intriguing and exhilarating," Sudeep said in a release.

Young and sentimental

With the success of story-driven movies at the box office, more directors are helming experimental movies in Sandalwood. Crazy Keerthi is the latest such film.

A function was held at Renukamba Preview Theater to launch the film's trailer. The movie is made under the Priya Balaji Productions banner and it is helmed and bankrolled by Balaji Madhava Shetty. "It is my maiden movie as a director and producer. We worked hard to make this movie which is about college students. The movie has elements of romance and sentiments," said Shetty.

Love is filmy

What Vijay Varma said when asked about media glare on celeb relationships

Vijay Varma and Tamannaah Bhatia have been painting the town red with their whirlwind romance. The duo, who made it official early this year, do not shy away from getting clicked and are often seen hand in hand on date nights, but the couple still try to guard their privacy in whatever way possible.

Recently, in an interview, Vijay was asked that despite the constant media glare around celebrity relationships in general, what made him and Tamannaah come out in the open? To this the actor did not reply directly, but just said he loves the song "Jab Pyaar Kiya Toh Darna Kya" from Mughal-e-Azam, implying that they have nothing to hide now.

Recently Vijay and Tamannaah had flown to Maldives on a romantic vacation. Last week, the duo were seen taking an exit from the Mumbai airport. However, Vijay got miffed with the paparazzi who crossed the line by asking inappropriate questions about their vacation. Initially, Vijay was seen smiling as the paps continued to click his pictures upon arrival. However, his smile faded when one of the paps teased him, "Maldives ke samandar ke mazze le ke aaye ho (Seems you had fun at the Maldives)." A visibly miffed Vijay looked angrily at the paparazzi and said, "You can't say such things)." **-ETimes**

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